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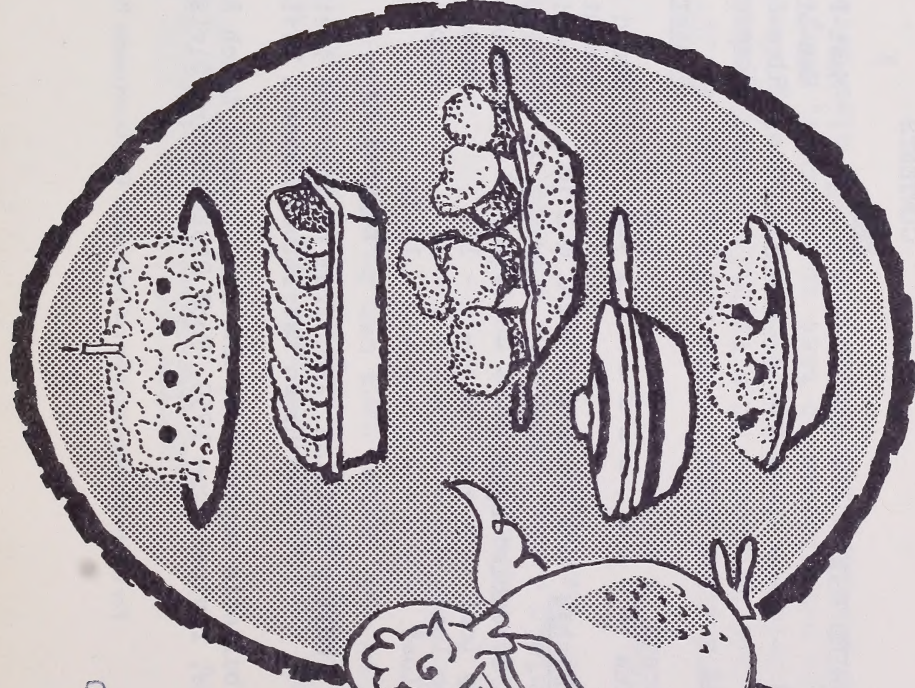
Recipes

USING

DRIED

WHOLE EGG

SOLIDS



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Poultry Division, AMS, from recipes and instructions developed by
The Human Nutrition Research Division, ARS

This bulletin supersedes, AMS-194, "School Lunch Recipes Using Dried Whole Egg Solids", revised June 1959, Food Distribution Division, AMS.

QUANTITY RECIPES USING DRIED WHOLE EGG SOLIDS

USING DRIED EGGS

When eggs are dried, only the water is removed. The solids that remain are made into a fine powder. When liquid is added to replace the liquid taken out, dried eggs can be used in place of shell eggs in many recipes.

FOOD VALUE

Dried whole eggs have practically the same food value as shell eggs. They contain iron, vitamin A, protein of good quality, thiamine, riboflavin and other essential B vitamins.

STORAGE

Store dried eggs in the refrigerator at 32° F. to 50° F. Unused powder should be stored in a tightly closed container to prevent it from taking up moisture from the air and absorbing flavors from other foods. If dried eggs are allowed to take up moisture, they will become lumpy and will not mix readily with liquid; mold may also develop.

RECONSTITUTION--Dried eggs may be used in two ways:

- (1) Reconstitute with water: In some recipes, dried eggs may be reconstituted with water and used like shell eggs. Weigh the dried eggs or sift and measure, using exact weights or level measurements; sift the dried eggs again and sprinkle over the required amount of water (see chart on equivalents, page 4). Blend by using a power mixer, rotary beater or wire whip. Promptly wash sifter and other utensils used. NOTE: Mix only the amount of dried eggs needed for the recipe being prepared.
- (2) Combine with dry ingredients: For products using several dry ingredients, dried eggs may be added to the other dry ingredients. Weigh the dried eggs or sift and measure before combining with other dry ingredients, using exact weights or level measurements; the water needed to reconstitute the dried eggs should be added to other liquid in the recipe (see chart on equivalents, page 4). Promptly wash sifter and other utensils used. NOTE: Dry mixes containing dried eggs should be stored promptly in the refrigerator at 32° F. to 50° F. in a tightly closed container.

PRECAUTION

DO NOT USE DRIED EGGS IN UNCOOKED PRODUCTS such as egg-milk drinks, ice creams and uncooked salad dressings; DO NOT USE IN PRODUCTS such as creamed puddings, soft custards, omelets or scrambled eggs COOKED ON TOP OF THE STOVE.

USES

Dried whole eggs can be used in place of shell eggs in THOROUGHLY COOKED PRODUCTS such as baked breads, long-cooked casseroles, baked scrambled eggs, cakes and other baked desserts. For accurate results, follow the recipe instructions carefully. Use the size and number of baking pans recommended in the recipe if possible. Fill the pans to a depth of not more than 2-1/2 inches; deeper layers of food may not be thoroughly cooked in the time recommended.

Following the above precautions, dried eggs may be substituted for shell eggs in many other recipes. To combine with other ingredients, note the directions for a similar product in the recipes on pages 5 to 29. For the quantity recipes below, send a check or money order to the Superintendent of Documents, United States Government Printing Office, Washington 25, D. C.:

"Recipes For Quantity Service"

Home Economics Research Report No. 5 -- Price \$2.50

"Recipes--Type A School Lunches"

PA-271 -- Price \$2.75

RECIPES

CORNBREAD MIX (Using dried whole eggs)

Breads

100 Portions		Ingredients	For _____ Portions	Directions
Weights	Measures			
3 lb.....	3 qt., sifted	All-purpose flour	1. Sift ingredients together 3 times or blend 15 minutes in mixer on low speed, using the whip. 2. Store in a tightly closed container in the refrigerator until needed. YIELD: 7 pounds 5 ounces (about 1 gallon 1-3/4 quarts).
4-1/2 oz. .	3/4 cup.....	Baking powder..	
10 oz.	1-1/4 cups..	Sugar	
1-1/2 oz. .	3 tbsp.	Salt	
2 lb. 8 oz.	2 qt.	Cornmeal	
10 oz.	2-1/2 cups .	Nonfat dry milk	
5 oz.	1-2/3 cups, sifted	Dried whole eggs	

(Continued)

CORNBREAD (Using cornbread mix) -- Continued

Breads

100 Portions		Ingredients	For Portions	Directions
Weights	Measures			
7 lb. 5 oz.	About 1 gal.	Cornbread mix..	3. Combine cornbread mix with remaining ingredients and mix just enough to moisten. 4. Pour into 4 well-greased baking pans (about 12 by 20 by 2 inches), 1-3/4 quarts or about 3 pounds 10 ounces per pan. 5. Bake at 425° F. (hot) 30 to 40 minutes.
.....	1-3/4 qt.	Water	
1 lb. 4 oz.	2 qt. 3-2/3 cups 2-1/2 cups..	Melted shorten- ing	

PORTION: 1 piece (2-3/4 by 2-3/4 inches).

VARIATION

1. CORNMEAL MUFFINS: Portion batter with a No. 16 scoop (1/4 cup) into greased muffin pans. Bake at 425° F. (hot) 20 minutes.

MUFFIN MIX (Using dried whole eggs)

Breads

100 Portions		Ingredients	For Portions	Directions
Weights	Measures			
5 lb. 4 oz.	1 gal. 1-1/4 qt., sifted	All-purpose flour	1. Blend dry ingredients and shortening for 5 minutes in mixer on low speed. 2. Store in a tightly closed container in the refrigerator until needed.
5 oz.	1-2/3 cups, sifted	Dried whole eggs	
10 oz.	2-1/2 cups	Nonfat dry milk	YIELD: 8 pounds 10 ounces (1-3/4 gallons)
5 oz.	1 cup less 2 tbsp.	Baking powder	
1-3/4 oz...	3-2/3 tbsp.	Salt	
1 lb.	2 cups	Sugar	
1 lb.	2 cups	Shortening	

(Continued)

PLAIN MUFFINS (Using muffin mix) -- Continued

100 Portions		Ingredients	For Portions	Directions
Weights	Measures			
.....	3 qt.	Water	3. Add water to muffin mix. Stir only until dry ingredients are moist and the mixture has a rough appearance. 4. Using a No. 16 scoop (1/4 cup) portion into greased muffin pans. 5. Bake at 425° F. (hot) 18 minutes.
7 lb. 10 oz	1-3/4 gal.	Muffin mix	

PORTION: 1 muffin

VARIATIONS

1. BLUEBERRY MUFFINS: Add 2 cups raw or drained canned blueberries to the muffin mix.
2. DATE MUFFINS: Add 1 pound (2-1/3 cups) chopped dates to the muffin mix.
3. RAISIN MUFFINS: Add 10 ounces (2 cups) raisins to the muffin mix.

BAKED SCRAMBLED EGGS (Using dried whole eggs)

Main Dishes

100 Portions		Ingredients	For Portions	Directions
Weights	Measures			
3 lb. 2 oz.	1 gal. 2/3 cup, sifted	Dried whole eggs	1. Sprinkle dried eggs over the water and beat to blend.
.....	1 gal. 2/3 cup	Water	
1-1/4 oz.	2-2/3 tbsp....	Salt	2. Add salt and milk and mix.
.....	2-1/2 qt.	Hot milk	
1 lb.	2 cups	Melted butter, margarine, or bacon fat.	3. Pour 8 ounces (1 cup) fat into each of 2 baking pans (about 12 by 20 by 2 inches). Then add about 1 gallon or about 8 pounds 5 ounces egg mixture per pan. 4. Bake at 350° F. (moderate) 20 to 25 minutes; stir once after 10 minutes baking. Serve with a Creole sauce.

PORTION: 1/3 cup -- provides 1 egg.

(Continued)

BAKED SCRAMBLED EGGS (Using dried whole eggs) -- Continued

VARIATIONS

1. BAKED SCRAMBLED EGGS AND CHEESE: Use only 2 lb. 11 oz. (3 qt. 2-1/4 cups, sifted) dried whole eggs and 3 qt. 2-1/4 cups water; add 1 pound 14 ounces (1 quart 3-1/2 cups) grated cheese. One portion provides the equivalent of 2 ounces protein-rich food.
2. BAKED SCRAMBLED EGGS AND HAM: Use only 2 lb. 11 oz. (3 qt. 2-1/4 cups, sifted) dried whole eggs and 3 qt. 2-1/4 cups water; add 1 pound 14 ounces (1-1/2 quarts) ground cooked ham. One portion provides the equivalent of 2 ounces protein-rich food.
3. BAKED SCRAMBLED EGGS AND DRIED BEEF: Use only 2 lb. 11 oz. (3 qt. 2-1/4 cups, sifted) dried whole eggs and 3 qt. 2-1/4 cups water; add 1 pound 8 ounces chopped dried beef. One portion provides the equivalent of 2 ounces protein-rich food.

TURKEY LOAF (Using dried whole eggs)

Main Dishes

100 Portions		Ingredients	For Portions	Directions
Weights	Measures			
12 oz.	1 qt., sifted	Dried whole eggs	1. Sprinkle dried eggs over the liquid and beat to blend.
.....	1 qt.	Water	
.....	3 qt.	Milk	
9 lb. 8 oz.	1 gal. 3-1/2 qt.	Diced cooked turkey	2. Mix in the turkey, rice, bread cubes, onion, and salt.
3 lb. 12 oz.	2-1/2 qt. ...	Cooked rice	3. Place in 4 greased baking pans (about 12 by 20 by 2 inches), about 2 quarts 2-1/2 cups or 5 pounds 12 ounces per pan.
1 lb. 4 oz.	Soft bread cubes	4. Bake at 375° F. (moderate) about 50 minutes.
6 oz.	1 cup	Chopped onion	5. Serve with turkey gravy.
2 oz.	1/4 cup	Salt	
.....	3 qt.	Turkey gravy	

PORTION: 1 piece, 2-3/4 by 2-3/4 inches -- provides the equivalent of 2 ounces protein-rich food.

VARIATION

1. CHICKEN LOAF: Use 9 pounds 8 ounces (1 gallon 3-1/2 quarts) diced cooked chicken in place of turkey. One portion provides the equivalent of 2 ounces protein-rich food.

SALMON LOAF (Using dried whole eggs)

Main Dishes

100 Portions		Ingredients	For Portions	Directions
Weights	Measures			
.....	10 cans (16 oz. each)	Salmon	1. Drain salmon; save the liquid. Flake the fish.
1 lb. 4 oz.	1 qt. 2-2/3 cups, sifted	Dried whole eggs	2. Sprinkle dried eggs over the liquid and beat to blend.
.....	1 qt. 2-2/3 cups	Water	
.....	2 qt.	Milk and salmon liquid	
4 lb. 8 oz.	3 qt.	Cooked rice	3. Combine all ingredients.
4 oz.	1/2 cup ...	Lemon juice	4. Pour into 2 well-greased baking pans (about 12 by 20 by 2 inches), 1-1/4 gallons 2 cups or about 11 pounds 14 ounces per pan.
.....	1-1/2 tbsp.	Lemon rind	5. Bake at 400° F. (hot) about 45 minutes or until loaf is firm in the center.
5 oz.	1 cup	Chopped green pepper	6. Serve with egg or parsley sauce.
1 oz.	1 cup	Chopped parsley	
.....	2 qt.	Fresh bread crumbs	
2-1/2 oz.	1/3 cup ...	Salt	
.....	3 tbsp. ...	Baking powder	

PORTION: 1 piece 1-3/4 by 2 inches -- provides the equivalent of 2 ounces protein-rich food.

MEAT LOAF (Using dried whole eggs)

Main Dishes

100 Portions		Ingredients	For _____ Portions	Directions
Weights	Measures			
1 lb. 1-1/2 qt. ..	Bread slices.... Milk	1. Beat bread and milk in mixer 2 minutes on low speed, or soak bread in the milk.
12 oz.	1 qt., sifted 1 qt.	Dried whole eggs Water	2. Sprinkle dried eggs over the water and beat to blend. Add to bread-milk mixture.
12 oz. 12 oz. 13 lb.	2 cups 3 cups	Finely chopped onion Finely chopped celery Finely ground beef	3. Combine bread mixture with the rest of the ingredients. Mix well (in mixer, 3 minutes at low speed). 4. Place in 2 greased baking pans (about 12 by 20 by 2 inches), 1-1/4 gallons or 10 pounds 12 ounces per pan.
2 oz.	1/4 cup 1/4 cup	Salt Worcestershire sauce	5. Bake at 375° F. (moderate) 1 hour and 10 minutes.
.....	1/2 cup	Chopped parsley	

PORTION: 1 slice, 1-1/4 by 2-3/4 inches (2-1/2 ounces) -- provides the equivalent of 2 ounces protein-rich food. (Continued)

MEAT LOAF (Using dried whole eggs) -- Continued

VARIATIONS

1. CHEESE-MEAT LOAF: Use only 10 pounds of ground beef and add 2 pounds (2 quarts) grated cheese. One portion provides the equivalent of 2 ounces protein-rich food.
2. BEEF-PORK LOAF: Use only 7 pounds 4 ounces ground beef and add 7 pounds ground fresh pork. One portion provides the equivalent of 2 ounces protein-rich food.

MEAT-POTATOBURGERS (Using dried whole eggs)

100 Portions		Ingredients	For Portions	Directions
Weights	Measures			
12 oz.	1 qt., sifted	Dried whole eggs	1. Sprinkle dried eggs over the water and beat to blend.
.....	1 qt.	Water	
10 lb.	Ground beef	2. Combine eggs, meat, potatoes, onion, and salt. 3. Portion with a No. 8 scoop (1/2 cup) rounded and place in baking pans (about 12 by 20 by 2 inches).
5 lb.	Ground pork	
10 lb. 4 oz.	1-1/4 gal.	Finely chopped potatoes	
3 lb.	2 qt.	Chopped onion	
4 oz.	1/2 cup	Salt	4. Blend the flour with 2 cups tomato juice. Heat remaining tomato juice and add to the flour mixture. Cook until slightly thickened, stirring constantly. Pour over the patties. 5. Bake at 375° F. (moderate) 45 minutes.
4 oz.	1 cup, sifted	All-purpose flour	
.....	1 gal. 1-1/2 qt.	Tomato juice	

PORTION: 1 patty -- provides the equivalent of 2 ounces of protein-rich food and 1/4 cup vegetable.

HAM-LIMA BEAN BAKE (Using dried whole eggs)

Main Dishes

100 Portions		Ingredients	For Portions	Directions
Weights	Measures			
2 lb.	1-1/4 qt. ..	Dry lima beans..	1. Soak and cook beans.
.....	2 qt.	Water	2. Drain beans, chop fine or grind.
1 lb. 2 oz.	1-1/2 qt., sifted	Dried whole eggs	3. Sprinkle dried eggs over the
.....	1-1/2 qt. ..	Water	water and beat to blend.
9 lb.	1 gal. 3-1/4 qt.	Finely chopped uncooked smoked -ham	4. Combine all ingredients. Blend well.
12 oz.	1-1/2 cup...	Soft butter, or margarine, or ham drippings	5. Place in 2 greased baking pans (about 12 by 20 by 2 inches).
.....	3 cups	Milk	6. Bake at 400° F. (hot) 45 minutes or until brown.
1 oz.	2-2/3 tbsp..	Chopped onion...	7. Serve with pineapple sauce, if desired.
1/2 oz. ...	1/2 cup	Chopped parsley.	
.....	2 tbsp.	Powdered dry mustard	

PORTION: 1 piece, 1-3/4 by 2 inches -- provides the equivalent of 2 ounces protein-rich food.

RICE-CHEESE CASSEROLE (Using dried whole eggs)

Main Dishes

100 Portions		Ingredients	For Portions	Directions
Weights	Measures			
10 lbs.	2-1/2 gal. 1-1/4 gal.	Grated cheese . Hot milk	1. Add cheese to the hot milk. Stir to blend.
10 oz.	3-1/3 cups, sifted 3-1/3 cups	Dried whole eggs Water	2. Sprinkle dried eggs over the water and beat to blend.
16 lb. 8 oz. 1 lb. 4 oz.	2-3/4 gal. 1 qt.	Cooked rice Chopped stuffed olives, if desired.	3. Combine eggs and rice. Add olives, if desired. 4. Pour the cheese sauce over rice mixture and mix well. 5. Place in 4 baking pans (about 12 by 20 by 2 inches), about 4-1/2 quarts per pan. 6. Bake at 350° F. (moderate) 40 minutes, or until lightly browned.

PORTION: About 2/3 cup -- provides the equivalent of 2 ounces protein rich food. (Continued)

RICE-CHEESE CASSEROLE (Using dried whole eggs) -- Continued

VARIATIONS

1. RICE-CHEESE-HAM CASSEROLE: Use only 7 pounds (1-3/4 gallons) grated cheese and add 3 pounds (2-1/2 quarts) coarsely chopped cooked ham. One portion provides the equivalent of 2 ounces protein-rich food.
2. RICE-CHEESE-LUNCHEON MEAT CASSEROLE: Use only 7 pounds (1-3/4 gallons) grated cheese and add 3 pounds (2-1/4 quarts) diced luncheon meat. One portion provides the equivalent of 2 ounces protein-rich food.

CHEESE FONDUE (Using dried whole eggs)

Main Dishes

100 Portions		Ingredients	For _____ Portions	Directions
Weights	Measures			
1 lb. 2 oz.	1-1/2 qt., sifted	Dried whole eggs	1. Sprinkle dried eggs over the water and beat to blend.
.....	1-1/2 qt.	Water	
1 oz.	2 tbsp.....	Salt	2. Add salt and cheese.
8 lb.	2 gal. ...	Grated cheese	
.....	1-1/4 gal.	Hot milk	3. Add egg-cheese mixture to hot milk. Add bread cubes. 4. Pour into 4 greased baking pans (about 12 by 20 by 2 inches), about 3-1/4 quarts or 6 pounds 8 ounces per pan. 5. Bake at 325° F. (slow) about 30 minutes or until custard is set.
2 lb. 8 oz.	2 gal. ...	Bread cubes	

PORTION: 1 piece, about 2-3/4 by 2-3/4 inches -- provides the equivalent of 2 ounces protein-rich food.

BREAD PUDDING (Using dried whole eggs)

Desserts

100 Portions		Ingredients	For Portions	Directions
Weights	Measures			
12 oz.	1 qt., sifted	Dried whole eggs	1. Sprinkle dried eggs over the water and beat to blend.
.....	1 qt.	Water	
2 lb.	1 qt.	Sugar	2. Add the sugar, salt, and vanilla to the eggs. Blend.
2 oz.	1/4 cup....	Salt	
4 oz.	1/2 cup ...	Vanilla	3. Add butter or margarine to hot milk. Pour milk into egg mixture. 4. Add the raisins.
4 oz.	1/2 cup ...	Butter or margarine	
.....	2-1/2 gal..	Hot milk	5. Place bread cubes in 4 greased baking pans (about 12 by 20 by 2 inches). Pour custard mixture over bread, 3-1/4 quarts or about 7 pounds 2 ounces per pan. 6. Bake at 325° F. (moderate) 40 minutes or until set.
2 lb. 8 oz.	2 qt.	Raisins	
.....	2-1/4 gal..	Dry bread cubes	

PORTION: 1 piece (2-3/4 by 2-3/4 by 1 inch)

PEANUT BUTTER-RAISIN COOKIES (Using dried whole eggs)

Desserts

100 Portions		Ingredients	For Portions	Directions
Weights	Measures			
1 lb. 4 oz.	1-1/4 qt., sifted	All-purpose flour	1. Sift together the flour, spices, soda, salt, and dried eggs.
.....	2 tsp. ...	Ginger.....	
.....	1 tsp. ...	Cloves.....	
.....	2 tsp. ...	Cinnamon.....	
.....	1-1/3 tbsp.	Baking Soda.....	
.....	2 tsp. ...	Salt.....	
6 oz.	2 cups, sifted	Dried whole eggs	
8 oz.	1 cup	Shortening.....	2. Cream shortening and peanut butter until smooth
5 lb. 5 oz.	2-1/4 qt.	Peanut butter....	
2 lb. 4 oz.	1-1/4 qt., packed	Brown sugar.....	3. Add brown sugar gradually and mix well.

(Continued)

PEANUT BUTTER-RAISIN COOKIES (Using dried whole eggs) -- Continued Desserts

100 Portions		Ingredients	For _____ Portions	Directions
Weights	Measures			
.....	2 cups...	Water.....	4. Beat in the water and milk.
.....	1 cup....	Milk	5. Stir in the sifted dry ingredients.
1 lb. 8 oz.	1-1/4 qt.	Chopped raisins	6. Add raisins and vanilla.
.....	1-1/3 tbsp.	Vanilla.....	7. Using a No. 40 scoop (1-3/5 tablespoons), place on ungreased baking sheets (16 by 25 by 1 inch). Press each cookie flat with a fork.
				8. Bake at 350° F. (moderate) 10 minutes.

PORTION: 2 cookies -- provide the equivalent of 1 ounce protein-rich food.

BROWNIE MIX (Using dried whole eggs)

Desserts

100 Portions		Ingredients	For Portions	Directions
Weights	Measures			
2 lb.	2 qt., sifted	All-purpose flour	1. Sift ingredients together three times or blend 15 minutes in mixer at low speed, using the whip. 2. Store in a tightly closed container in the refrigerator until needed. YIELD: 7 pounds 11 ounces (about 1-1/4 gal. 1 cup).
12 oz. ...	3 cups	Nonfat dry milk..	
4 lb.	2 qt.	Sugar	
8 oz.	2 cups	Cocoa	
6 oz.	2 cups, sifted	Dried whole eggs	
1 oz.	3 tbsp. ...	Baking powder	
1 oz.	2 tbsp. ...	Salt	

(Continued)

BROWNIES (Using brownie mix) -- Continued

Desserts

100 Portions		Ingredients	For Portions	Directions
Weights	Measures			
7 lb. 11 oz.	1-1/4 gal. 1 cup, sifted	Brownie mix	3. To brownie mix add water, vanilla and butter or mar- garine.
.....	1-1/4 qt. .	Water	
1 oz.	2 tbsp. ...	Vanilla	
1 lb. 8 oz.	3 cups	Melted butter or margarine	
1 lb.	Chopped nuts or raisins	4. Mix in nuts or raisins. 5. Bake in 2 greased sheet pans (16 by 25 by 1 inch) at 350° F. (moderate) about 30 minutes.

PORTION: 1 piece, 2-1/4 by 3 inches.

VARIATION

1. CHOCOLATE COOKIES: Reduce water to 2-1/2 cups. Portion with a No. 40 scoop (1-3/5 tablespoons). Bake at 375° F. (moderate) 12 minutes. PORTION: 2 cookies.

YELLOW CAKE MIX (Using dried whole eggs)

Desserts

100 Portions		Ingredients	For Portions	Directions
Weights	Measures			
2 lb. 8 oz.	2-1/2 qt., sifted	All-purpose flour	1. Blend dry ingredients and shortening for 10 minutes in mixer at low speed, using the batter beater. 2. Store in a tightly closed container in the refrigerator until needed. YIELD: 7 pounds 4 ounces (about 1-1/4 gallons).
4 oz.	1 cup	Nonfat dry milk	
6 oz.	2 cups, sifted	Dried whole eggs	
3 lb.	1-1/2 qt.	Sugar	
2 oz.	1/3 cup ..	Baking powder	
.....	1-2/3 tbsp.	Salt.....	
1 lb.	2 cups ...	Hydrogenated shortening or lard.	
<u>or</u> 1 lb. 4 oz.	<u>or</u> 2-1/2 cups	Butter or margarine	

(Continued)

YELLOW CAKE (Using yellow cake mix) -- Continued

Desserts

100 Portions		Ingredients	For Portions	Directions
Weights	Measures			
..... 7 lb. 4 oz.	5-3/4 cups 1-2/3 tbsp. 1-1/4 gal.	Water..... Vanilla..... Yellow cake mix	<p>3. Combine the water and vanilla. Add 1/2 of the liquid to the dry mix, and beat 2 minutes to blend.</p> <p>4. Add remaining liquid and beat 2 minutes longer.</p> <p>5. Pour into 2 greased baking pans (about 12 by 20 by 2 inches), about 2-1/4 quarts or 5 pounds 2 ounces per pan.</p> <p>6. Bake at 350° F. (moderate) 30 to 35 minutes.</p>

PORTION: 1 piece, 1-3/4 by 2 inches.

PRUNE-SPICE CAKE (Using dried whole eggs)

Desserts

100 Portions		Ingredients	For Portions	Directions
Weights	Measures			
1 lb. 8 oz.	3 cups	Hydrogenated shortening	1. Cream shortening and sugar.
3 lb.	1-1/2 qt. ..	Sugar	
6 oz.	2 cups, sifted	Dried whole eggs	2. Sprinkle the dried eggs over the water and beat to blend. 3. Add eggs to the sugar mixture and beat until light and fluffy.
.....	2 cups	Water	
4 lb.	2 qt.	Finely ground or chopped cooked prunes.	4. Blend in prunes.
3 lb.	3 qt., sifted	All-purpose flour	5. Sift flour, soda, spices, and salt together 3 times. Add to creamed mixture alternately with sour milk. 6. Pour batter into 2 greased baking pans (about 12 by 20 by 2 inches). 7. Bake at 350° F. (moderate) about 45 minutes.
.....	3 tbsp.	Soda	
.....	1-1/2 tsp.	Nutmeg	
.....	2 tbsp.	Cinnamon	
.....	2 tbsp.	Cloves	
1 oz.	2 tbsp.	Salt	
.....	2-1/2 cups	Sour milk	

PORTION: 1 piece, 1-3/4 by 2 inches.

BAKED CUSTARD (Using dried whole eggs)

Desserts

100 Portions		Ingredients	For Portions	Directions
Weights	Measures			
1 lb. 9 oz.	2 qt. 1/3 cup, sifted	Dried whole eggs	1. Sprinkle the dried eggs over the water and beat to blend.
.....	2 qt. 1/3 cup	Water	
2 lb. 4 oz.	4-1/2 cups	Sugar	2. Beat together the eggs, sugar, salt, vanilla, and nutmeg.
1 oz.	2 tbsp. ...	Salt	3. Pour hot milk into egg mixture and mix well.
.....	1/3 cup ...	Vanilla	4. Pour 1/2 cup custard mixture into each baking cup or pour mixture into 4 baking pans (about 12 by 20 by 2 inches).
.....	1 tsp.	Nutmeg	Set in pans of hot water.
.....	2-1/4 gal.	Hot milk	5. Bake at 350° F. (moderate) 25 to 35 minutes or until custard is set.

PORTION: 1/2 cup -- provides 1/2 egg.

VARIATIONS

- CARAMEL CUSTARD: Caramelize 1 pound (2 cups) of the sugar by heating in a heavy fry pan, stirring constantly, until melted and golden brown. Add to the hot milk. One portion provides 1/2 egg.
- CHOCOLATE CUSTARD: Add 12 ounces cocoa to sugar. One portion provides 1/2 egg.

PUMPKIN CUSTARD (Using dried whole eggs)

Desserts

100 Portions		Ingredients	For Portions	Directions
Weights	Measures			
10 lb.	1 gal. 2-1/4 cups	Mashed cooked pumpkin	1. Add pumpkin to milk and heat.
.....	1 gal. 2 cups	Milk	
1 lb. 2 oz.	1-1/2 qt., sifted	Dried whole eggs	2. Sprinkle dried eggs over the water and beat to blend.
.....	1-1/2 qt. ..	Water	
3 lb.	1-1/2 qt. ..	Sugar	3. Blend eggs, sugars, flour, salt, and spices. 4. Pour pumpkin mixture into egg mixture and mix well. 5. Pour into 4 baking pans (about 12 by 20 by 2 inches), about 3 quarts 1/2 cup or 7 pounds 2 ounces per pan. 6. Bake at 325° F. (slow) 45 minutes or until custard is set.
2 lb. 8 oz.	1 qt. 1-1/2 cups, packed	Brown sugar	
6 oz.	1-1/2 cups, sifted	All-purpose flour	
1 oz.	2 tbsp.	Salt	
1/2 oz.	2 tbsp.	Cinnamon	
1/4 oz.	1 tbsp.	Nutmeg	
.....	1-1/3 tbsp.	Allspice	

PORTION: 1 piece, 2-3/4 by 2-3/4 inches.

VARIATION

- PUMPKIN PIE: Pour mixture into 15 unbaked 9 inch pie shells, about 3-1/4 cups or 1 pound 14 ounces per shell. Bake at 375° F. (moderate) about 40 minutes or until custard is set. PORTION: 1/7 pie.

Emergency Food Supplies for the Institutional Feeder

In an attack emergency, the surviving institutional feeder would face greatly magnified problems -- more people to be fed; shortage of food supplies, fuel, labor, equipment. The local chapter of the American Red Cross, the local Civil Defense office and, at some time in the near future, the USDA county and State Emergency Planning Committees should be able to provide the institutional feeder with valuable information to assist him in preparing for his emergency role.

In an emergency, food supplies may be short in any given location -- or they may be poorly balanced (too much flour and not enough shortening). The institutional feeder can help by maintaining somewhat larger inventories of foods, especially those which must be shipped to his locality. These inventories should be in forms which have a relatively long shelf life when stored in a cool dry place. Dried whole egg solids are an excellent item for the emergency inventory.

Food inventories should be protected from contamination by radioactive fallout. Foods in sealed metal or cardboard containers would be safe provided radioactive contaminants were not introduced when opening them. If foods are stored in unsealed containers, care should be taken to reduce the possibility of contamination. (For example, bags of flour could be covered tightly with a tarpaulin.)